

CALM YOUR MIND

You can calm your mind with these techniques and exercises:

- Think of a safe place or a nice view you've experienced
- Think of a loved one
- Think about something funny or a joke

CHANGE THE WAY YOU THINK

When you are angry, you see the actions, words and ideas of other people as criticism of you. This makes you look down, feel ashamed or behave in a dominant way. You want to take revenge and become aggressive.

When you control your anger, these aggressive feelings will go away.



LEARN TO SOLVE PROBLEMS

Try to find a solution for the problem. It's much better to look for a solution to solve the problem than to think there is no solution or think about unrealistic solutions.

PRACTISE OTHER TECHNIQUES:

- Talk with others about happy topics
- Build good relationships with others
- Go away from what makes you angry

Remember:
Anger can cause damage!

Anger is a natural emotion of all human beings. Even if we can't stop it, we can still manage it!



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Anger Management

A Self-Help Guide



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WHAT IS ANGER?

Anger is a natural human feeling. It is not always bad. It can be helpful.

When the anger is controlled, and when there is no intention to cause harm or hurt, it can help us concentrate and perform better.

But anger becomes a problem when it

- intends to hurt someone or cause damage
- becomes excessive, out of control, too intense, aggressive or violent
- happens too often or lasts too long



NEGATIVE EFFECTS OF ANGER

The angry person might

- Hurt others with words or violence
- Cause damage to property
- Have problems communicating with others
- Feel bad or lonely
- Have problems concentrating
- Have difficulties thinking and making decisions
- Experience health problems: not eating well, not sleeping well, high blood pressure, etc.
- Drink alcohol or take drugs
- Engage in criminal behavior

When anger becomes a problem, we need to learn to control or manage it. You can learn this by following the tips below.

HOW TO MANAGE YOUR ANGER

RECOGNIZE THE SIGNS OF ANGER

Learn to recognize these signs of anger:

- clenching your fists
- talking loudly or shouting
- staring at the person you are angry with
- sweating
- feeling hot
- your face looks red or pale
- your heart is beating faster
- you feel tight in the chest

When you notice signs of anger in yourself, you need to calm your body and mind to control your anger.

CALM YOUR BODY

Use the following techniques and exercises to calm your body:

- Stand up and sit down 8 times
- Close your eyes and breathe in and out slowly 3 times
- Walk or run 5 or 10 minutes